

Cottonwood Police Department

Applicant Informed Consent Waiver Form

I, the undersigned, hereby give informed consent to engage in a series of procedures relative to taking and completing a battery of physical fitness tests. The purpose of the testing is to ascertain level of physical fitness and law enforcement job task performance capability. All exercise testing sessions will be supervised by trained exercise leaders. The tests include the following:

1.5 mile maximum-effort run (15:04 min)
300 meter sprint (60 sec)
1 repetition maximum bench press (175 lbs. or 79% body weight)
Maximum push up test (30 minimum; no time limit)
1 minute sit up test (34 minimum)
Agility run (18.2 sec)
Vertical Jump (16 inches)

There always exists the possibility that certain detrimental physiological changes may occur during exercise testing and activity. These changes could include heat related illnesses, orthopedic injuries, abnormal cardiovascular conditions (heart beat, blood pressure) and in rare instances, a heart attack.

I have read this form and understand there are inherent risks associated with any physical activity and recognize it is my responsibility to provide accurate and complete relevant health/medical information. Furthermore it is my responsibility to monitor my performance during activity.

To the best of my knowledge I do not have any health contraindications to participation and do not have any medical, health, or activity restrictions.

Signature

Witness

Date

1.5 mile	300 meter	Bench Press	Push-up	Sit-up	Agility Run	Vert. Jump

Fitness Instructor

Date

COTTONWOOD POLICE DEPARTMENT

PHYSICAL FITNESS INFORMATION / TRAINING

Cottonwood Police Department, in recognizing the importance of physical fitness status for job performance, has established physical fitness standards for applicants and incumbent officers. The agency conducted a validation study to determine what areas of physical fitness are important for doing the job of officer and what level of fitness is necessary to perform the strenuous and essential functions of the job. You will be expected to meet the physical fitness test standards when entering the agency and to maintain the position of officer.

WHAT IS PHYSICAL FITNESS ?

Physical fitness is having the physical readiness to perform the strenuous and critical physical tasks of the job. The physical fitness areas that have been determined to be the underlying factors for your capabilities to do the job consist of seven (7) specific and different areas.

- 1. Aerobic power or cardiovascular endurance.** This is having an efficient heart and cardiovascular system so that you can perform physical tasks over a sustained period of time. It is an important area for performing job tasks such as making foot pursuits and long term use of force situations.
- 2. Anaerobic power.** This is having the ability to make short intense bursts of effort. This is an important area for performing job tasks such as short sprint pursuit situations.
- 3. Upper body absolute strength.** This is having the upper body strength to make maximal efforts against a resistance. This is important for performing physical tasks that require lifting, carrying and pushing.
- 4. Upper body muscular endurance.** This is having the capability to make repeated muscular contractions with the upper body without getting fatigued. This is important for many use-of-force job tasks.
- 5. Agility.** This is having the ability to make quick movements with sprinting. This is important for making movements and changes of direction around obstacles during pursuits.
- 6. Leg explosive strength or power.** This is having the capability to jump with power. This is also having the ability to make short intense bursts of effort. This is an important area for performing job tasks such as jumping over obstacles and sprinting in pursuit situations.
- 7. Trunk or abdominal muscular endurance.** This is having the capability to make repeated muscular contractions with the abdominal area without getting fatigued. Your abdomen is the fulcrum of your body and is important in many tasks involving lifting, pulling and dragging.

There are other areas of physical fitness to include % body fat and flexibility. Those areas are important for overall fitness, however, they have not been determined to be predictive of how well an individual can perform the duties of an officer.

WHY IS PHYSICAL FITNESS IMPORTANT?

First, physical fitness is important because the seven physical fitness areas determine an individual's capability to do strenuous job tasks. Physical fitness is a bona fide occupational qualification (BFOQ).

Secondly, physical fitness is important to minimize health risks for health problems such as heart disease, stroke and obesity - all of which can affect job performance capabilities.

HOW WILL PHYSICAL FITNESS BE MEASURED?

There are seven (7) physical fitness tests that will be given in one day as a battery of tests.

- 1. 1.5 mile run.** This measures aerobic power or cardiovascular endurance (the ability to have stamina over time). The test consists of running/walking as fast as possible the distance of 1.5 miles.
- 2. 300 meter run.** This measures anaerobic power or the ability to make an intense burst of effort for a short time period or distance. The test consists of sprinting 300 meters as fast as possible.
- 3. 1 Repetition Maximum (RM) Bench Press.** This measures the absolute strength of the upper body. The test consists of lying on a bench and pushing up as much weight as you can one time.
- 4. Maximum push up test.** This measures the muscular endurance of the upper body. The test consists of doing as many push ups, from the front, lean and rest position with no time limit.
- 5. Agility run.** This measures agility. The test consists of sprinting and dodging around one foot obstacles (traffic cones) over a 60 yard course as fast as possible.
- 6. Vertical jump test.** This measures leg power. The test consists of jumping up on a wall and marking how high you jump from a standing position.
- 7. 1 minute sit up test.** This measures the abdominal or trunk muscular endurance. Lying on the ground you will be given 1 minute to do as many bent leg sit ups as you can.

WHAT TEST STANDARDS MUST I MEET?

You will be given the tests in the following sequence. There will be rest periods between each event.

Each test is scored separately and you must meet the standard on each and every test. The standards are as follows:

<u>TEST</u>	<u>STANDARD</u>
Agility run	18.2 seconds.
1RM bench press	Push 79% of your body weight or 175 lbs. one time.
Vertical jump	16 inches
300 meter run	60 seconds
Maximum push up	30
1 minute sit up	34
1.5 mile run	15:04

HOW DO I PREPARE FOR THE TESTS?

You will have to train to meet the standards. Each test has a different training routine.

1.5 mile run

To prepare for this test, you need to gradually increase your running endurance. The schedule below is a proven progressive routine. If you can advance the schedule on a weekly basis, then proceed to the next level. If you can do the distance in less time, then do so.

<u>WEEK</u>	<u>ACTIVITY</u>	<u>DISTANCE</u>	<u>TIME</u>	<u>FREQUENCY</u>
1	Walk	1 mile	17-20 min.	5/week
2	Walk	1.5 mile	25-29 min.	5/week
3	Walk	2 miles	32-35 min.	5/week
4	Walk	2 miles	28-30 min.	5/week
5	Walk/jog	2 miles	27 min.	5/week
6	Walk/jog	2 miles	26 min.	5/week
7	Walk/jog	2 miles	25 min.	5/week
8	Walk/jog	2 miles	24 min.	5/week
9	Jog	2 miles	23 min.	4/week
10	Jog	2 miles	22 min.	4/week
11	Jog	2 miles	21 min.	4/week
12	Jog	2 miles	20 min.	4/week

300 meter run

To prepare for this test you will need to do interval training. The **first step** is to time yourself for an all out effort at 110 yards. This is called your initial time or **IT**.

The **second step** is to divide the **IT** by .80 to get your starting training time. Then follow the schedule below:

<u>Week</u>	<u>Training Distance</u>	<u>Number of Times you sprint Repetitions</u>	<u>Time for the sprint Training Time</u>	<u>Rest period between sprints Rest Time</u>	<u>Frequency</u>
1,2	110 yards	4	.80 into IT	2 min.	1/week
3,4	110 yards	5	.80 into IT minus 2-3 sec.	2 min.	1/week
5,6	110 yards	6	.80 into IT minus 5-6 sec.	2 min.	1/week
7,8	220 yards	4	.80 into IT times 2	2 min.	1/week
9,10	220 yards	4	.80 into IT times 2 minus 4 sec.	2 min.	2/week

1 RM Bench press

To prepare for this test you will need access to weights.
The **first step** is to determine the max weight you can push up one time.
The **second step** is to determine 60% of that weight. This will be a weight you can do 8-10 repetitions. Use the schedule below: If you can advance the weights do so.

REPS = the number of times you do the exercise (number of lifts of the weight)

SETS = the number of times you do the series of reps.

<u>Week</u>	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>	<u>Frequency</u>
1	60% of 1RM	1	8-10	3/week
2	60% of 1RM	2	8-10	3/week
3	60% of 1RM	3	8-10	3/week
4	60% of 1RM	3	8-10	3/week
5	60% of 1RM plus 5 lbs	3	8-10	3/week
6	60% of 1RM plus 5 lbs	3	8-10	3/week
7	60% of 1RM plus 10 lbs	3	8-10	3/week
8	60% of 1RM plus 10 lbs	3	8-10	3/week
9	60% of 1RM plus 10-20 lbs	3	8-10	3/week
10	60% of 1RM plus 10-20 lbs	3	8-10	3/week

Maximum pushup

To prepare for this test follow this routine.

The **first step** is to see how many pushups you can do. That will become your initial training repetition dose or **ITRD**.

<u>Week</u>	<u>Sets</u>	<u>Repetitions</u>	<u>Frequency</u>
1	1	ITRD	3/week
2	2	ITRD divided by 1/2	3/week
3	3	ITRD divided by 1/2	3/week
4	3	ITRD divided by 1/2 plus 2	3/week
5	3	ITRD divided by 1/2 plus 4	3/week
6	3	ITRD divided by 1/2 plus 6	3/week
7	3	ITRD divided by 1/2 plus 8	3/week
8	3	ITRD divided by 1/2 plus 10	3/week

For successive weeks keep adding 2 more repetitions per week. If you can not do a regular push up at first, do the modified push up for several weeks following the same routine, then advance to the regular push up.

1 Minute sit-up

To prepare for this test follow this routine.

The **first step** is to see how many sit-ups you can do in a minute. That will become your initial training repetition dose or **ITRD**.

<u>Week</u>	<u>Sets</u>	<u>Repetitions</u>	<u>Frequency</u>
1	1	ITRD	3/week
2	2	ITRD divided by 1/2	3/week
3	3	ITRD divided by 1/2	3/week
4	3	ITRD divided by 1/2 plus 2	3/week
5	3	ITRD divided by 1/2 plus 4	3/week
6	3	ITRD divided by 1/2 plus 6	3/week
7	3	ITRD divided by 1/2 plus 8	3/week
8	3	ITRD divided by 1/2 plus 10	3/week

For successive weeks keep adding 2 more repetitions per week.

Agility run

To prepare for this test you will need to practice sprinting around obstacles.

1. Set up a course by spacing at least four (4) obstacles (chairs, cardboard boxes etc.) 10 feet apart for a total distance of at least 30 feet.
 2. At least two days a week do two (2) sets of sprinting around the obstacles four times non stop.
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Vertical jump

To prepare for this test you will need to do plyometric training.

Basic plyometric exercise routine

There are two plyometric exercises: - double leg vertical jump
- single leg vertical hop

1. Perform each exercise with 1 set of 10 repetitions, 3 days a week
2. Do the repetitions ballistically (explosive) without stopping
3. Rest 3 minutes between the double leg and single leg exercise.

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>	<u>Frequency</u>
1.Double leg vertical jump	1	10	3 min.	3 times/week
2.Single leg vertical hop	1	10	3 min.	3 times/week

Testing Sequence

<u>TIME</u>	<u>EVENT</u>
3 minutes	1. Warm-up
	2. Agility run
	3. 1 RM bench press
	4. Vertical jump
Travel to track	
	5. 300 meter run
5 minutes	6. Rest
	7. Push up test
5 minutes	8. Rest
	9. Sit up test
30 minutes	10. Rest
2 minutes	11. Warm-up
	12. 1.5-mile run
5 minutes	13. Cool down

GENERIC JOB DESCRIPTION ELEMENTS

(covering essential physical functions)

PHYSICAL DUTIES AND RESPONSIBILITIES

1. Perform essential physical pursuits such as the following:
 - Run sprints
 - Run for sustained periods of time (over 2 minutes)
 - Run up and down stairs
 - Dodge around obstacles
 - Crawl under obstacles
 - Jump and vault over obstacles
 - Climb fences
2. Perform essential lifting and carrying such as the following:
 - Lift and carry light (under 25 lbs.) to moderate (25-100 lbs.) and move (over 100 lbs.) objects such as equipment and road debris
 - Lift and carry victims
3. Perform essential extractions such as the following:
 - Extract victims from automobiles and buildings
 - Drag victims or suspects
4. Perform essential pushing and pulling activities such as the following:
 - Push car off roadway
 - Push door open
 - Use of force by pushing and pulling in self defense situations for short period of time (less than 2 minutes)
 - Use of force by pushing and pulling in self defense situations for sustained period of time (greater than 2 minutes)
5. Perform essential range of motion activities including the following:
 - Bend to get in and out of vehicles
 - Bend and twist in use of force situations

PHYSICAL ABILITIES

1. Having the aerobic power to perform essential pursuit and use of force situations involving sustained effort.
2. Having anaerobic power to perform essential pursuit, extraction and use of force situations involving short intense effort.
3. Having the upper body muscular endurance to perform pursuit, lifting, carrying and extraction essential functions.
4. Having the upper body absolute strength to perform essential lifting, pushing and pulling essential functions.
5. Having the agility to move quickly around objects and obstacles in pursuit situations.
6. Having the leg power to perform sprints, jumping and vaulting tasks.
7. Having the abdominal muscular endurance to perform pursuits and lifting tasks.